ATCA Interview with Phil Vassar and DM Collins on Alzheimers Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and topic overview

Phil Vassar's family experience with Alzheimer's

COVID's impact on caregiving and isolation

Bringing his mother to Nashville

Family support and staying socially engaged

The book's message and personal reflections

[Music] [Music] Collins and we're in Nashville Tennessee Collins and we're in Nashville Tennessee and I'm here with Phil Vassar and we're and I'm here with Phil Vassar and we're going to talk a little bit about truth going to talk a little bit about truth lies and Alzheimer's it's secret faces lies and Alzheimer's it's secret faces and we've learned that every family has and we've learned that every family has been touched by Alzheimer's and Phil been touched by Alzheimer's and Phil would you mind sharing a little bit of would you mind sharing a little bit of your story you know it's funny because your story you know it's funny because you know as I have delved into this you know as I have delved into this stuff for the last five years since my stuff for the last five years since my mom was diagnosed I found so many others mom was diagnosed I found so many others you know my friends are you know it's you know my friends are you know it's not just you know their parents or their not just you know their parents or their grandparents or their uncles or what I grandparents or their uncles or what I mean it's uh it's it's amazing how mean it's uh it's it's amazing how prevalent this disease is you know and prevalent this disease is you know and uh uh uh and you know I don't know why it's like and you know I don't know why it's like it just seems like to me in the last 10 it just seems like to me in the last 10 or 20 years I've just heard more about or 20 years I've just heard more about it maybe it's just because that's where it maybe it's just because that's where I am in my life but well I am in my life but well in the in the book you've added a in the in the book you've added a chapter because covid had an effect on chapter because covid had an effect on your family and your mom's in your mom's your family and your mom's in your mom's Alzheimer's and that's kind of and it's Alzheimer's and that's kind of and it's just kind of all touching just kind of all touching well you know I I think for us for my well you know I I think for us for my family my two sisters and I and my family my two sisters and I and my mother we've always been close and my mother we've always been close and my mother was in Virginia I live in mother was in Virginia I live in Nashville my one sister lives in Nashville my one sister lives in Virginia and my other sister lives in Virginia and my other sister lives in Nashville in Florida Nashville in Florida so for us it was uh you know it was my so for us it was uh you know it was my mom was isolated she was alone and uh mom was isolated she was alone and uh you know it's just with everybody was you know it's just with everybody was scared to be my mom is not scared of scared to be my mom is not scared of anything no she was she's fabulous yeah anything no she was she's fabulous yeah she is fabulous and she is happy and she is fabulous and she is happy and she's a beautiful beautiful human being she's a beautiful beautiful human being I mean was she you can't not love her I mean was she you can't not love her and you know but she is a uh but she's and you know but she is a uh but she's not afraid and she's not gonna you know not afraid and she's not gonna you know when everybody was like don't be around when everybody was like don't be around your grandparents or this or that she your grandparents or this or that she was like uh-uh she's like that's not was like uh-uh she's like that's not happening right you know I'm not I'm happening right you know I'm not I'm going to be around my family I'd rather going to be around my family I'd rather be dead than not and be with my I mean be dead than not and be with my I mean which which makes total sense so I never which which makes total sense so I never could ever figure that out I mean I know could ever figure that out I mean I know you know folks need to be careful about you know folks need to be careful about things and especially around the elderly things and especially around the elderly folks because it seems like to me that's folks because it seems like to me that's about 90 of the population that you know about 90 of the population that you know perished during this whole deal it seems perished during this whole deal it seems like I don't know what the exact numbers like I don't know what the exact numbers are but I know they're very very high are but I know they're very very high and you know I'm sure a

couple of and you know I'm sure a couple of healthy people were thrown in the middle healthy people were thrown in the middle of that but you know it's just from what of that but you know it's just from what I know and from one of the people that I know and from one of the people that did not make it they were not healthy did not make it they were not healthy and most of them were older so I mean I and most of them were older so I mean I understand how and why people were very understand how and why people were very hesitant to be around their family or hesitant to be around their family or grandparents or parents or whatever it grandparents or parents or whatever it may be but my mom was having none of may be but my mom was having none of that so for me it was bring her from that so for me it was bring her from Virginia to my house to back in Virginia to my house to back in Nashville where home yeah here yeah I Nashville where home yeah here yeah I mean because she's been coming to mean because she's been coming to Nashville Nashville Nashville forever you know and I think it was just forever you know and I think it was just a lonely existence being there all the a lonely existence being there all the time by herself and time by herself and um you know um you know not all the time but you know it's just not all the time but you know it's just um you know every her all of her um you know every her all of her grandkids are here you know that is so grandkids are here you know that is so important so I mean for her if she's important so I mean for her if she's like I want to be around my grandkids like I want to be around my grandkids there's all five of them are in there's all five of them are in Nashville and so she's been Nashville and so she's been busy and I think she needs to be busy I busy and I think she needs to be busy I think you need to be social and it kind think you need to be social and it kind of keeps you sharp you know I think of keeps you sharp you know I think though we know that that being around though we know that that being around other people other people and it helps let's talk about your story and it helps let's talk about your story in the book in the book well you know I think it basically is a well you know I think it basically is a pretty brief synopsis of what you know pretty brief synopsis of what you know what what happened you know we you know what what happened you know we you know what we decided to do when bringing mom what we decided to do when bringing mom from Virginia to Nashville and moving from Virginia to Nashville and moving around with us and and uh you know I around with us and and uh you know I think I think the book's really think I think the book's really informative I think you guys have done a informative I think you guys have done a great job I love this I love being a great job I love this I love being a part of it I appreciate you guys letting part of it I appreciate you guys letting me do that and telling my mom's story me do that and telling my mom's story and our story and our story um it's it's a special it's special um it's it's a special it's special thing it's a special time and you know I thing it's a special time and you know I wouldn't trade this time for anything I wouldn't trade this time for anything I know my mom is know my mom is um you know it's it's dimming you know I um you know it's it's dimming you know I can see it all going down right you know can see it all going down right you know before my eyes but I think I wouldn't before my eyes but I think I wouldn't trade her being here with us for trade her being here with us for anything it's one of the things that the anything it's one of the things that the author Lisa Skinner and Doug Collins author Lisa Skinner and Doug Collins both say is that it's like losing your both say is that it's like losing your family two times because you lose them family two times because you lose them while they're here and then you lose while they're here and then you lose them when they finally pass well yeah I them when they finally pass well yeah I mean it's definitely not I see it and mean it's definitely not I see it and you know it's not like I I'm just you know it's not like I I'm just holding on to her as long as we can holding on to her as long as we can